



JULY 2018

George H Waters Nutrition Center
AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) MESQUITE GRILLED BBQ CHICKEN MACARONI & CHEESE GARDEN VEGGIES CARROT/ RAISIN SALAD STRAWBERRIES MILK	3) HAMBURGER STEAK W/GRILLED ONIONS & GRAVY SCALLOPED POTATOES BUTTERED CORN FRUITED LIME GELATIN SALAD BROWNIE MILK / JUICE	4) CLOSED 4TH OF JULY 	5) BEEF FLYING SAUCER W/REFRIED BEAN SPANISH RICE ZUCCHINI & CORN JICAMA SLAW ORANGE SMILES MILK	6) CATCH OF THE DAY PASTA PILAF WINTER BLEND SPINACH SALAD FRUIT CUP MILK
9) BEEF ROULET MASHED POTATOES GARDEN PEAS TOMATO BASIL SALAD WATERMELON MILK	10) CLASSIC BAKED CHICKEN MAC & CHEESE TUSCAN BLEND LEAFY GREEN SALAD TROPICAL FRUIT CUP MILK	11) SWEET & SOUR PORK STEAMED RICE ORIENTAL BLEND CHINESE NOODLE SALAD MANDARIN CUP MILK	12) CHICKEN PICCATA SAFFRON RICE SCANDINAVIAN BLEND CAESAR SALAD GRAPES MILK	13) CATCH OF THE DAY STEAK FRIES MIXED VEGETABLES DUTCH COLESLAW FRESH MELON MIX MILK
16) CHICKEN CACCIATORE EGG NOODLES GRILLED VEGETABLES BLT SALAD BLUSHING PEARS MILK	17) TEX-MEX MEATLOAF MASHED POTATOES BRUSSELS SPROUTS 3-BEAN SALAD BANANA MILK	18) TANGY HONEY GLAZED HAM BAKED SWEET POTATO PEAS & CARROTS MARINATED CUCUMBER SALAD GRAPES MILK	19) IRISH BEEF STEW SCALLOPED POTATOES SCANDINAVIAN BLEND ROMAINE SALAD PEACH MELBA MILK	20) CATCH OF THE DAY PASTA PILAF STEAMED CARROTS TOSSED SALAD STRAWBERRIES & CREAM MILK
23) BEEF BRISKET AU-GRATIN POTATOES NORMANDY BLEND HONEYDEW & CANTALOUPE MILK	24) BBQ CHICKEN ON THE GRILL BAKED BEANS 5 WAY MIXED VEGETABLES MACARONI SALAD PINEAPPLE UPSIDE DOWN CAKE MILK / JUICE	25) CORNED BEEF BOILED POTATOES CABBAGE & CARROTS MARINATED BEET SALAD PEACH CUP MILK	26) BEEF LASAGNA STEAMED ZUCCHINI TOMATO BASIL SALAD FRESH GRAPES GARLIC BREAD MILK	27) CATCH OF THE DAY RICE & BEANS MEXICALI BLEND AURORA SALAD MELON MIX MILK
30) SAUCY PORK MEDALLIONS WHIPPED YAMS BRUSSELS SPROUTS CALIFORNIA PASTA SALAD ORANGE SMILES MILK	31) CHICKEN BREAST W/ CREAMY MUSHROOM SAUCE RICE PILAF WINTER BLEND CARROT SALAD STRAWBERRIES & CREAM MILK	ENTERTAINMENT RIKACHA 7-6-18 PIÑA 7-13-18 JAZZ A MINUTE 7-20-18	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M	Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.